



**988**  
SUICIDES  
& CRISIS  
LIFELINE

**No matter what  
you're going through,  
we're here for you.**





**The 988 Lifeline's trained counselors can provide free, confidential support through thoughts of suicide, mental health crises, substance use concerns or any kind of emotional distress.**

**If you or someone you love needs help, call, text or chat 988. Anywhere. Anytime.**

**Learn more at [WA988.org](http://WA988.org)**

